



Figure 8.9 The Insert > Frame command adds an in-between frame after the selected frame. Unlike Insert > Keyframe and Insert > Blank Keyframe, which merely convert a selected frame into a keyframe, the Insert > Frame command actually adds a new frame to your movie.

mand, however, always adds frames to your movie.

- To create or add multiple keyframes, select a range of frames or protoframes (the next section discusses frame selection). Then choose Insert > Keyframe or Insert > Blank Keyframe. If you select existing frames, Flash converts them to the type of keyframe you requested. If you select protoframes, Flash adds the keyframes and lengthens your movie by that many frames.

To add in-between frames:

1. Create a new Flash document with keyframes in Frame 1 and Frame 2.
2. In the Timeline, select Frame 1.
3. From the Insert menu, choose Frame, or press F5 on the keyboard.
Flash adds an in-between frame (**Figure 8.9**). Your movie now contains a keyframe at Frame 1, an in-between frame at Frame 2, and another keyframe at Frame 3.

✓ Tips

Here are two ways to speed up insertion of numerous in-between frames.

- To insert a set number of in-between frames in the middle of your movie, copy that number of protoframes from the end of your movie and paste them in the defined frames in the desired location. For example, to insert five in-between frames between frames 2 and 4, select five protoframes from the end of your movie. Choose Edit > Copy Frames. Select Frame 3. Choose Edit > Paste Frames. Flash pastes the frames over the selected frame. (If the selected frame is the movie's initial keyframe, Flash pastes the copied frames after the selected frame.)

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